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INTERVIEW WITH DR. STEPHEN SCHNEIDER OF THE CPD'S BIOMEDICAL CLINIC

July 18, 2011 by JoLynne Lyon



Dr. Stephen Schneider

We interviewed Dr. Stephen Schneider to get his medical opinion on health supplements and the interdisciplinary treatment of young patients with behavioral issues. He works at both the CPD's Biomedical Clinic and the Intermountain Budge Clinic in Logan. Here's what he had to say.

Q: *Do you specialize mostly in autism and ASD, or do you also work with patients with other behavioral issues?*

Dr. Schneider: I specialize in ADHD and Autism Spectrum problems, including Autism, Pervasive Developmental Disorder and Asperger's Disorder. I also work with genetically based behavioral problems including Fragile X Syndrome and Rett Syndrome.

Q: *In your CPD profile you mentioned taking a multifaceted approach toward behavioral and communication issues. What would you encourage parents to do in addition to seeking medical care for their children?*

Dr. Schneider: There is growing evidence of mental health benefits from natural and readily available health supplements such as omega 3 fatty acids and melatonin. I attempt to keep abreast of research in this area, especially since there is an abundance of false claims about benefits of certain substances, and there is a risk of misinterpretation or misappropriation of research findings as parents learn about research from second-hand sources.

Typically, the mental health issues encountered here are best not considered strictly biological, and often require collaboration with a behaviorist, occupational therapist and other professionals to obtain satisfactory results. For example, patients with Asperger's Disorder often have symptoms of anxiety and obsessive-compulsive disorder along with a lack of socialization skills. Medicine can frequently help for anxiety and obsessions to some degree, but a technique called "social scripting" -- a labor intensive training to teach basic conversation skills such as eye contact -- is often necessary, and requires collaboration with speech pathologists.

Q: *Will you be working on any research here?*

Dr. Schneider: Dr. Odell and I are currently discussing research projects in the area of autistic spectrum problems.

Q: *Do you have a regular schedule at the clinic?*

Dr. Schneider: I'm there Tuesday and Thursday from 8:15 to 10 am, and Wednesdays by special appointment.